



# September 2015

## HEALTH PROMOTION CALENDAR

For more information call 808-471-2280

CLASS DESCRIPTIONS:	MON	TUE	WED	THU	FRI	SAT
<b>Nutrition 101:</b> <i>JBPHH Gym- Classroom 2</i> This class is for patients who are seeking basic nutrition and exercise information. *This class is a pre requisite for the RMR test.*		1 <b>"NUTRITION 101"</b> 1000-1100 <b>RT: 1200-1300</b> <b>Tobacco Cessation</b>	2 <b>Tobacco Cessation</b>	3 <b>RT: 1200-1300</b>	4 <b>RT: 0900-1300</b>	5
	7 <b>LABOR DAY</b>	8 <b>RT: 1200-1300</b> <b>Tobacco Cessation</b>	9 <b>Tobacco Cessation</b>	10 <b>RT: 1200-1300</b>	11 <b>RT: 0900-1300</b>	12
	14 <b>INDOC</b>	15 <b>BROWN BAG LUNCH:</b> <b>K-BAY</b> 1200-1300 <b>DIETICIANS KITCHEN:</b> <b>COMMISSARY</b> 1100-1300 <b>SLEEP BETTER NOW</b> 1130-1230	16 <b>"NUTRITION 101"</b> 1300-1400 <b>RT: 1200-1300</b> <b>Tobacco Cessation</b>	17 <b>Healthy Heart</b> 1000-1100 <b>BROWN BAG LUNCH:</b> <b>SHIPYARD/HQ</b> 1200-1300 <b>RT: 1200-1300</b>	18 <b>RT: 0900-1300</b>	19
	21	22 <b>Shot Ex (Active Duty)</b> <b>Tobacco Cessation</b> <b>RT: 1200-1300</b>	23 <b>Shot Ex (Active Duty)</b> <b>Tobacco Cessation</b>	24 <b>SHOT EX (ACTIVE DUTY)</b> <b>BROWN BAG LUNCH:</b> <b>MAKALAPA</b> 1200-1300 <b>RT: 1200-1300</b>	25 <b>RT: 0900-1300</b>	26 <b>KIDS CPR</b> 1000-1200
	28 Ship Shape Cycle 4 Begins JBPHH Gym	29 <b>Tobacco Cessation</b> <b>RT: 1200-1300</b>	30 <b>Tobacco Cessation</b>			
<b>Commissary Walkthrough:</b> Join the Health Promotion team in a commissary walkthrough to guide you toward a healthier lifestyle by making better choices.						
<b>Healthy Heart:</b> <i>JBPHH Gym- Classroom 2</i> This class is designed for those patients who have a history of hyperlipidemia, hypertension or a family history of heart disease.						
<b>Resting Metabolic Rate Test:</b> Find out how many calories you can burn while at rest. *Patients must attend Nutrition 101 prior to scheduling.*						
<b>Sleep Better Now:</b> <i>Makalapa Clinic</i> There's nothing like a good night's sleep to feel refreshed and focused the next day. Sign up today. For more info call 473-1880 x92224						
<b>Take 20 Sec. to Relax:</b> Take 30 minutes and come learn techniques that will help you relax . For more info call 473-1880 x 92224						
<b>Tobacco Cessation:</b> Contact Eleanor Bru @ 474-4242 ext. 4507						
<b>Recreation Therapy:</b> Contact Tiffanee Rogers @ 471-2280						